

# HALIFAX metro®



## Howe barred from practising law

The Nova Scotia Barristers' Society also mulls civil charges against the attorney found guilty of sexual assault

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## All natural and all good for you

A holistic nutritionist breaks down the top natural developments for the summer, from hydration to food

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## Favreau gets cooking with Chef

The Iron Man director's latest flick has a distinctly indie flavour.

Use Metro AR to watch a clip

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## CLEANUP DUTY NO CHORE AT ALL

INTERNATIONAL STUDENTS FROM SAUDI ARABIA HAVE TAKEN IT UPON THEMSELVES TO CLEAN UP A SECTION OF HIGHWAY 102, AND THEY SAY THEY'RE ENJOYING IT

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## SOLDIERS JOIN SEARCH

Members of the Canadian Armed Forces have come to the aid of search-and-rescue crews searching for missing cyclist Marty Leger near Spider Lake in Waverley. Leger hasn't been seen since Thursday when he went mountain biking in the area and searchers have been looking for him ever since. Story, page 5.

JEFF HARPER/METRO

# Hands off Park West: Parents

**Review.** Adults angry over process and ensuing proposal to strip Halifax school of junior-high students

Parents of students at Park West School turned out in droves to weigh in on a boundary review that would affect the P-9 school, and the message was simple: leave Park West alone.

"The kids are model students. The older students are setting the example we want our children to see," said parent John Griffin. "Why are we trying to fix something that's not broken?"

The boundary review committee, which includes volunteer representatives and Halifax Regional School Board staff, is recommending turning Park West into a P-6 school and sending the junior-high students to Clayton Park Junior High.

The dozens of parents who

### Quoted

"I want to be in junior high in Park West and no other school. Park West is more than a school — it's a home."

Grade 6 student Mahdeen Abrar

came to Monday's meeting at Park West vehemently rejected that suggestion, citing the danger and impracticality of having students walk or bus to the new school.

They also heavily criticized the review process, pointing to closed-door meetings and secret ballots — both against school board policy — and accused school board staff of "engineering" the recommendation by providing the committee members with inaccurate data about Park West's enrolment and capacity.

"Why did the organizers not follow the rules? Why

would they not want community participation?" asked Peter Hamilton. "I strongly urge the committee ... not to be bullied and manipulated into putting forward something that will damage our community for many years."

Mixed in with the anger were earnest appeals to consider Park West's impressive academic track record, diversity of programs and extracurricular activities, and the mentoring of younger students by their junior-high counterparts.

"My time at Park West helped give me the skills to lead and speak with confidence," said former student Ben Anderson, now in Grade 10 at Halifax West High School. "We got to be leaders in junior high by virtue of the fact the younger children were at our school. Park West ... has prepared me extremely well for high school."

The committee is expected to present its final report to the HRSB superintendent on June 13. RUTH DAVENPORT/METRO



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photo: Nikolaj Ehlers with Kristen Kennedy, Regional Vice President , Personal Banking, Bank of Montreal.

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# Lyle Howe suspended from practising law in province

**Blowback.** Sexual assault conviction may lead to more charges from N.S. law society

DESIREE  
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Lyle Howe has been suspended from practising law and may face further civil charges for conduct unbecoming a lawyer.

The Nova Scotia Barristers' Society held a closed-door meeting Monday afternoon to discuss Howe's recent sexual assault conviction.

A Supreme Court jury found Howe — a Halifax defence lawyer — guilty of sexual assault, but not guilty of administering a stupefying drug on Saturday. The charges stem from a 2011 incident.

Based on evidence from the trial, the society's Complaints Investigation Committee (CIC) has launched its own investi-



Lyle Howe waits for his trial to resume after a lunch break at Nova Scotia Supreme Court in Halifax on May 26.  
PATRICK MCKENNA/FOR METRO

gation into whether Howe will be charged under the Legal Profession Act.

"It's a very serious matter, but it happens in a lawyer's

personal life as opposed to his or her professional life," said executive director Darrel Pink. "Obviously the outcome of the criminal order will be relevant

to this (decision)."

Howe told Metro News when reached by phone earlier Monday that he would not answer any questions at

this time as he has too much going on.

Defence lawyer Mike Taylor said his client is planning to appeal the decision. The paperwork for an appeal needs to be filed within 25 working days of the court decision.

The CIC has also appointed John Rafferty as the receiver who will take over Howe's law practice and his case load; approximately 200 files.

"He'll be taking over the practice, and working with the clients and the associate lawyer to deal with court matters that are urgent, and ultimately the transition of those clients to other lawyers," said Pink.

The CIC determines whether a lawyer has breached any of their standards of conduct. It describes itself as having "emergency powers to deal with serious problems in the interest of protecting the public, such as temporary suspensions or restriction of the lawyer's practice."

## Cops on hunt for hot dogs as temperatures jump

Halifax police want residents to change their shopping habits after responding to a number of cases of dogs trapped in hot cars while their owners shop.

Halifax Regional Police responded to 11 complaints between Thursday and Sunday of animals left in cars while the sun beat down and the temperature climbed into the 20s.

"The concerning fact in this is that all of these calls came from commercial areas,"

### Break the habit

**"If you're going to go shopping, leave your animal at home. Shop pet friendly, or bring someone with you to look after your dog."** Const. Pierre Bourdages

Const. Pierre Bourdages said Monday. "So, people are out shopping. In one case people

were at a church parking lot. People went to church and left their dogs."

Bourdages said police deal with these complaints every summer, with sometimes as many as 15 complaints in a single day.

When officers arrive, if they cannot locate the owner, police will smash vehicle windows to rescue an animal. In extreme cases animal cruelty charges can be laid.

"Pet owners take it for

granted that it's just part of their habits," he said. "But these habits have to change."

To counter the habit, some businesses are posting signs on their windows reminding shoppers not to leave pets in their cars. Citizens are not shy about calling police.

"People are on the lookout," he said. "Our citizens are vigilant, and they do call police when they see pets that seem to be in distress."

DESIREE FINHERT/FOR METRO



In this photo illustration, two dogs are left in a hot car. JEFF HARPER/METRO



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# Students have hands full of garbage, hearts full of gold

**Highway 102.** Crew of Saudi students says we all share responsibility for the environment

DESIREE  
FINHERT  
halifax@metronews.ca

It's not their trash. It's not their city. But it is their pleasure.

A group of international students from Saudi Arabia have made it their responsibility to clean a section of Highway 102, one trash bag at a time.

Mount Saint Vincent University student Ayed Alotaibi said he gets about 10 of his friends together once a month to walk the fast-moving roadway and pick up trash.

"All of the garbage: Pepsi, Coke, McDonald's, Tim Hortons," said Alotaibi. "Most of it is fast food, some is part of the cars' tires and some are beer."

## Just right

**"Back home it's a big thing. Guys are willing to do something for their community. It's part of our culture. It's part of our religion, doing good things."**

Mount Saint Vincent University student Ayed Alotaibi

Along the road is glass, plastic shopping bags, beer cans, cigarette packages, pop cans, fibreglass insulation, cardboard, wood, Styrofoam, car parts and even full bags of discarded garbage.

On Sunday, the nine-person crew brought their own gloves and garbage bags to the section between Larry Uteck Boulevard Exit 2 and Bedford Exit 3. When they were finished, they hauled about 20 bags away in their own cars.

"We are enjoying it," said Alotaibi, who is doing a double major in marketing and management. "We're doing something for the community and something for ourselves."

"I know some people would not do it because some

would think, 'Oh, it's not our job. We pay taxes.' But if we don't stand up and do it, nobody would do it."

The crew doesn't get university credits, payment or recognition for their work. But they are looking for more awareness.

"We all need to care about the planet," said Majed Alotaibi, a commerce student at Saint Mary's University. "No matter where we are from, it's our planet."

The 100-series highways are the responsibility of Nova Scotia Transportation Infrastructure and Renewal.

Clean Nova Scotia offers support for volunteers, providing gloves, bags, safety vests and other gear.



Students Ali Alsamri, left, Mohanad Alotaibi and Abdullah Alotaibi pick up trash on Highway 102 in Bedford on Sunday. DESIREE FINHERT/FOR METRO

## Wrongfully convicted man to appeal

The lawyer for a man wrongfully convicted of statutory rape in 1970 says his client plans to seek an appeal of a court ruling that cleared the RCMP of any wrongdoing.

Dale Dunlop says his client, Gerald Barton, is disappointed with the decision, delivered last Thursday by Nova Scotia Supreme Court Judge James Chipman.

Chipman concluded there was nothing wrong with the way the Mounties investigated the case, saying the RCMP interviewed the

## Vindication

**Barton's conviction was quashed by the Nova Scotia Court of Appeal in 2011 after the complainant recanted her story and DNA testing proved her brother was to blame for impregnating her in 1969.**

right people and properly obtained an incriminating statement from Barton, then 19.

The judge also decided Barton's rights had not been breached even though there had been a miscarriage of justice and no compensation from the province or police.

Chipman said Barton did not provide any evidence in his lawsuit that the defendants caused him serious psychological harm beyond the "ordinary stress" that comes with litigation.

Dunlop says he has yet to determine the grounds of an appeal.

THE CANADIAN PRESS



Gerald Barton JEFF HARPER/METRO

## Lethal crash. Teen driver sentenced to probation

A 17-year-old girl who pleaded guilty to careless driving in a crash that killed a teen and sent five other young people to hospital last year was sentenced to one year of probation on Monday.

A provincial court judge in Port Hawkesbury also imposed a one-year driving ban and 100 hours of community service.

The youth also pleaded guilty to driving a vehicle with too many passengers, while a third charge of operating a vehicle without a li-

## Legality

**The girl sentenced Monday cannot be named under the Youth Criminal Justice Act.**

censed driver in the passenger seat was withdrawn prior to the guilty plea.

The victim, 17-year-old Alan Lafford, was killed in the single-vehicle crash on Smith Road in Grand River on June 21.

THE CANADIAN PRESS

## World Series

### Red Sox to slide into town with trophy in tow

Red Sox Nation in Nova Scotia, you won't want to miss this.

The Boston Red Sox are bringing the World Series trophy to town this week as they visit Halifax as part of a two-day tour put on by

the team fan group Blue-nose Bosox Brotherhood, as well as the Nova Scotia Tourism Agency.

On Thursday between 11 a.m. and 1 p.m. the famous trophy won by the Red Sox last year will go on display for fans at the Nova Scotia Sport Hall of Fame.

Joining the trophy on the trip is former Red Sox player turned TV host Steve Lyons.

METRO



Jonny Gomes carries the trophy last November. GETTY IMAGES FILE

## Country Nation tour

### Brad Paisley to hit the Halifax Metro Centre in October

Time to get out your cowboy boots and cowboy hats, Halifax.

Country singing star Brad Paisley has announced that he will make two stops in the Maritimes as part of his Country Nation World

Tour.

Paisley will perform at the Halifax Metro Centre on Oct. 22 and then on Oct. 23 at Credit Union Place in Summerside, P.E.I.

Both shows begin at 7:30 p.m.

Tickets for the Metro Centre show go on sale Friday at noon through Ticket Atlantic, with prices ranging from \$74.50 to \$124.50.

METRO

## 19 and up

### Pointer Sisters to play in August

The Pointer Sisters are coming to Halifax this summer. The Grammy-Award winning group will perform at Casino Nova Scotia's The Schooner Room on Aug. 23 at 8 p.m.

Tickets go on sale Friday through Ticket Atlantic. METRO



# Military now involved in search for missing biker

**Waverley.** Searchers remain positive Marty Leger will be found



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

The search for a missing mountain biker on the rugged trails in the Waverley area has been "augmented" by more than 250 members of the Canadian military.

Marty Leger, 30, was reported missing last Thursday when he didn't return home from a ride around Spider Lake.

His car was found at the end of Spider Lake Road, but despite a search effort that's included more than 200 search and rescue volunteers, helicopters, dogs, small watercraft and local mountain bikers, there's been no sign of him — or his bike.

"That's concerning to the searchers, but it's a very passionate group involved and they're pushing forward," said RCMP Cpl. Scott MacRae



A helicopter returns search and rescue workers to base camp near the end of Spider Lake Road in Waverley on Monday. Inset: Marty Leger.

JEFF HARPER/METRO; CONTRIBUTED

Monday afternoon. "The attitude remains positive."

MacRae said the RCMP

asked the military for help out of concern that volunteer numbers would be reduced on Monday as searchers returned to their regular jobs.

The army sent more than 250 members from New Brunswick to help ground search and rescue crews scour 65 square kilometres of densely wooded terrain.

"They're here to augment.

or supplement the existing search," said MacRae, adding it's not uncommon for the military to help out with a ground search — though it hasn't been done recently in Nova Scotia. "Fresh eyes, fresh bodies certainly help. The military is well-trained and very professional, so it's definitely an added benefit."

Leger wasn't a veteran

mountain biker or outdoorsman, though MacRae said he's not a novice, either.

"The weather was co-operative, he's a healthy man ... so if he kept himself warm, the ability to survive long days is certainly there," he said. "What can complicate issues is the unknown: Is he injured, did he become confused?"

## Twisted Needs

### Motorcycle gang with Hells Angels ties setting up shop?

A police warning about Hells Angels setting up shop in Nova Scotia is hitting close to home in New Glasgow.

A visit to 181 MacLean St. Monday revealed a new storefront, with a bike parked in the window emblazoned with the name Gate Keepers, alongside a 'Private Property' sign and the phrase 'Twisted Needs' on a piece of paper. The Gate Keepers are affiliated with Hells Angels.

A man at the store said he was there to pick up a part for his bike. Asked if it was a Gate Keepers store, he said it was Hells Angels, but couldn't say whether it was a clubhouse. The store is selling biker-related clothing bearing the number 81. That number is associated with Hells Angels because H is the eighth letter in the alphabet, and A is the first.

Gerry Horne, past president of the Pictou County Cruisers, a family-friendly motorcycle club, said he doesn't like the development and believes it will hurt the reputation of all bikers in the area.

Police warned last year that the Hells Angels were trying to regain control of the province from the existing Bacchus outlaw motorcycle gang.

NEW GLASGOW NEWS

## Quoted

"It's been very hard going for the searchers, the terrain is very difficult ... so the military assets are welcome aid for the searchers."

RCMP Cpl. Scott MacRae

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# Cyberbullying unit seeks personal data from Facebook, Google

**Online crime.**  
Law described as  
'groundbreaking'

A unique Nova Scotia law aimed at squelching online harassment is being used for the first time to reach beyond Canada's borders to determine the identity of a cyberbully.

The province's CyberScan unit said Monday a Nova Scotia Supreme Court judge issued

## Quoted

**"This is a learning process for us, too."**

Roger Merrick, the province's director of public safety

an order last week under the province's new Cyber-safety Act demanding information from Google, Facebook, Instagram, Pinterest, Snapchat and Canada's BCE Inc.

"It is the first order in Canada for that purpose," said Roger Merrick, the province's

director of public safety. "It's groundbreaking for us."

The court order is seeking records that could identify the accused cyberbully, including home addresses, email addresses, user names, given names, account names and IP addresses.

The case involves a young woman in Halifax who has recently received threatening and harassing messages from an unknown person or persons accused of hacking her social media accounts, Merrick said.

## At a glance

- The province's Cyber-safety Act defines cyberbullying as any electronic communication "that is intended or ought reasonably be expected to

cause fear, intimidation, humiliation, distress or other damage or harm to another person's health, emotional well-being, self-esteem or reputation."

"I can't give you too much information for fear of jeopardizing the investigation," said Merrick, adding police are also investigating.

The CyberScan unit has

yet to hear from any of the companies involved and the process could take months to complete, Merrick said.

He said police routinely issue production orders when

seeking information from on-line sources while investigating criminal matters, including child exploitation cases. If the information sought is found in the United States, police turn to the Treaty on Mutual Legal Assistance to guide them.

In this case, the CyberScan unit is relying on civil law procedures.

"This is the first one for us ... (and) there may be a different process," Merrick said, adding there's no guarantee the companies will recognize the court order. **THE CANADIAN PRESS**



## A trip down memory lane

A pedestrian takes advantage of the warm weather in Clayton Park for a stroll on Dunbrack Street. Temperatures in the region reached 21 C on Monday.

JEFF HARPER/METRO

## Panel. Premier to chair commission to implement report on economy

The Nova Scotia government has announced a 15-member commission to work on implementing recommendations contained in a recent report on the province's sputtering economy.

The commission will be led by Premier Stephen McNeil, while Progressive Conservative Leader Jamie Baillie and acting NDP Leader Maureen MacDonald will co-chair.

The oneNS Coalition is to develop work plans based on strategies outlined in a report

released in February by a panel on economic development led by Acadia University president Ray Ivany.

It is also to present a 10-year plan to meet population and economic renewal goals by December 2015.

**THE CANADIAN PRESS**

## On the web

For more local news go to [metronews.ca](http://metronews.ca)



## Economic trend

- The panel's report says the province is headed for an extended period of economic decline unless population and economic trends are reversed.
- The report called for strategies aimed at expanding immigration, research and development and the revitalization of the province's traditional rural industries.

## Former Millbrook chief remembered as a man of strength

As a baby, he was shipped from New Brunswick to a Nova Scotia reserve with his family when authorities realized his father, "an Indian," was receiving welfare.

But, Lawrence Paul would rise above the poverty and racism he confronted throughout his lifetime to lead his First Nation community to economic success over a span of 28 years as the chief of the Millbrook First

Nation community.

He rubbed shoulders with the high and mighty, fought stubbornly with ardent passion to win gains for his people and clinked glasses with more than a few pub-drinking partners in his day.

Chief Paul was 79 when he died last Wednesday night following a lengthy hospital stay.

He was known far and wide, and from near and far

they came on Monday to see the former Mi'kmaq chief laid to rest.

"What a sad day for all of us in the Mi'kmaq nation who came to bid farewell to a man of strength, integrity, endless humour and, most of all, love," his niece, Violet Paul, said at the start of her eulogy to an overflow crowd of mourners at the Sacred Heart Church in Millbrook.

**TRURO DAILY NEWS**

## Hey, are you missing more than \$1,000? Let the police know

A lot of money is sitting on a police officer's desk waiting for its rightful owner.

A Halifax Regional Police officer found a package containing over \$1,000 in the Quinpool Road area on Monday.

There were other items in the package as well, but police are not giving away many details.

"We really want to be able to return the money to

## Contact number

The owner, or anyone with information, is asked to contact police at 490-5016.

the rightful owner," said police spokesman Const. Pierre Bourdages.

In order to claim the money, the person must be able to give details about the

## Quoted

**"We really want to be able to return the money to the rightful owner."**

Const. Pierre Bourdages

type of package, the amount of money and where the item was lost.

**DESIREE FINHERT/FOR METRO**



# Questions mount over deal to save U.S. soldier

A Pentagon investigation concluded in 2010 that Army Sgt. Bowe Bergdahl walked away from his unit, and after an initial flurry of searching the military decided not to exert extraordinary efforts to rescue him, according to a former senior defence official.

Instead, the U.S. government pursued negotiations to get him back over the following five years of his captivity — a track that led to his release over the weekend.

Bergdahl, 28, is hospitalized in Germany as questions mount in the U.S. over the swap that resulted in his freedom in exchange for the release of five detainees who were sent to Qatar from the U.S. prison in Guantanamo, Cuba.

Even in the first hours of Bergdahl's handoff to U.S. special forces in eastern Afghanistan, it was clear this



Sgt. Bowe Bergdahl, in an undated photo, was released after five years of captivity. U.S. ARMY FILE PHOTO

would not be an uncomplicated celebration. Five terrorist suspects also walked free, stirring a debate over whether the exchange would heighten the risk of other Americans being snatched as bargaining chips and whether the released detainees — several senior Taliban figures

among them — would find their way back to the fight.

U.S. officials said Sunday that Bergdahl's health and safety appeared in jeopardy.

"Had we waited and lost him," said national security adviser Susan Rice, "I don't think anybody would have forgiven the United States government."

On Monday, a U.S. military hospital in Germany reported Bergdahl in "stable condition and receiving treatment for conditions requiring hospitalization" after arriving from Afghanistan.

Republicans in the U.S. said the deal for Bergdahl's release could set a troubling precedent. Sen. John McCain said of the Guantanamo detainees who were exchanged for him: "These are the hardest of the hard core."

THE ASSOCIATED PRESS

## New Canada Conference. Young people invited to brainstorm Canada's future

In order to celebrate Canada's past, bright young Canadian residents are going to brainstorm our country's future.

On the sesquicentennial of the 1864 Charlottetown Conference — that's 150 years after the conference that laid the groundwork for Canadian Confederation — the New Canada Conference will be held in Charlottetown as a flagship event in P.E.I. in 2014.

Canadians and permanent residents aged 19 to 24 (as of Sept. 1) are invited to apply to become one of the 100 delegates who will receive an all-expenses paid trip to Charlottetown for the conference, from Aug. 31 to Sept. 3.

There they will participate in a brainstorming session about the future of the country. "The vision of Confederation was first articulated in

Prince Edward Island and Prince Edward Island was the birthplace of Confederation," said Penny Walsh McGuire, the CEO of PEI 2014.

The application process requires a 150-second video or 400-word essay telling the applicant's story of Canada, and two references.

More details are available at [ncc-cnc.ca](http://ncc-cnc.ca). JESSICA SMITH  
CROSS/METRO IN TORONTO



From left, Sisters Anne Leonard, Josephine Badali and Arlita Matte, all members of the Congregation de Notre-Dame, discuss the release of Sister Gilberte Bussiere at a Montreal news conference Monday. GRAHAM HUGHES/THE CANADIAN PRESS

# Freed nun called 'happy,' healthy

**Missionaries in Cameroon.** Canadian, 74, kidnapped with two Italian priests, held since April 5

A Canadian nun who was released after two months in captivity in Cameroon predicted on the weekend she and her two fellow prisoners would soon be set free.

The head of her congregation in Montreal says Gil-

berte Bussiere told two Italian priests on Saturday they would all be allowed to go.

One day later, that very scenario unfolded and the three abductees were on a plane heading away from their captors, Josephine Badali, leader of the Congregation de Notre-Dame, told reporters in Montreal on Monday.

The details of their release were still unclear, but Bussiere was in good health and happy to be free, Badali said.

Bussiere, 74, Gianantonio Allegri and Giampaolo Marta

were working as missionaries in Cameroon when they were kidnapped on April 5 from Tchere, in the country's north.

"I spoke to Sister Gilberte this morning and her voice was strong and she was happy," said Badali.

"She told me she had seen the doctor and, from what we know at the moment, her health is good."

Bussiere, who is originally from Asbestos, Que., was to meet with Cameroon's president, Paul Biya, on Monday. THE CANADIAN PRESS

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# Study: Hurricane Glen is scary, but Hurricane Glenda is deadly

## What's in a name?

Experiments show people are more likely to flee storms with masculine monikers

People are slightly less likely to flee an oncoming storm with a feminine name than a masculine one, a new study finds.

But hurricanes with feminine names turn out to be deadlier in the United States than their more macho-sounding counterparts, probably because their monikers make people underestimate their danger, the researchers conclude.

In fact, the two deadliest storms to make landfall in the U.S. since 1979, when male names were introduced, were named Katrina and Sandy.

The study, which didn't involve any experts in meteorology or disaster science, was published Monday in the Proceedings of the National Academy of Sciences.

In six different experi-



This 2012 photo shows a pile of sand and debris sitting near a house that was damaged by superstorm Sandy in Brant Beach, N.J. A new psychology study shows that people are wrongly less prone to flee from hurricanes with feminine names, yet the study finds female-named storms have been deadlier in the United States than their macho-sounding counterparts. PATRICK SEMANSKY/THE ASSOCIATED PRESS FILE

ments, more than 1,000 test subjects told behavioural scientists at the University of Illinois in Champaign that they were slightly more likely to evacuate from an oncoming storm named Christopher than Christina, Victor than

Victoria, Alexander than Alexandra and Danny than Kate. They found female names less frightening.

"People are looking for meaning in any information that they receive," said study co-author Sharon Shavitt, a profes-

sor of marketing. "The name of the storm is providing people with irrelevant information that they actually use."

Shavitt said both men and women rated female storms less scary and they both "are likely to believe that women

are milder and less aggressive."

It fits with other research about gender perception differences, she said. Sandy, while it can also be a male name, was chosen as a female name by weather authorities in 2012.

Shavitt said it also ranked

as rather feminine when she asked a small group of people to assess names on a masculine-feminine scale.

Hurricane and disaster science experts, such as Massachusetts Institute of Technology's Kerry Emanuel, were skeptical at first. Then after more consideration, some — but not all — found merit in the work, noting that it is more about psychology rather than physical science.

Emanuel said confusion over whether 2012's Sandy was called a hurricane or post-tropical storm did cause confusion, so maybe names could make a difference too. He joked that maybe names matter and perhaps meteorologists should start using scarier-sounding ones like Jack the Ripper or King Kong.

But Susan Cutter, director of the University of South Carolina's Hazards and Vulnerability Research Institute, dismissed the idea that female-named storms are deadlier. She considered the study results just coincidence.

THE ASSOCIATED PRESS

## British Columbia. Students plan mass walkout across province to protest strikes

More than 10,000 people have RSVP'd to a Facebook event staging a provincewide student walkout in protest of being "caught in the middle" of British Columbia's ongoing teachers' dispute.

Students say they plan to leave their classes to rally outside at 9 a.m. on Wednesday, the only day this week when unionized teachers are not holding rotating strike action.

Student and walkout organizer Victoria Barker says she's mobilizing students to take their own stand rather than be used like pawns between two divorcing parents.

The 18-year-old says she's been affected by job action throughout her entire schooling history and she and others are angry and frustrated that both the government and teachers are willing to put their education in jeopardy.

Public school teachers launched a second round of rotating strikes on Monday, putting hundreds of thou-

sands of students out of class this week.

The rotating strikes by more than 40,000 teachers mean up to 150,000 students will be off school in various districts for one day each either today, Tuesday, Thursday or Friday.

The province countered with a partial lockout that included docking teachers' pay by 10 per cent in response to the first round of strikes that started on May 26.

Educators told the provincial labour board last week that employers have no authority to dock pay.

The government argued teachers shouldn't expect full salary when they're no longer fulfilling all their duties.

The labour board is expected to hand down a decision on Wednesday.

The education ministry says bargaining is set to resume on Tuesday — the sticking points in the dispute are pay, class size and classroom support. THE CANADIAN PRESS



## 25 years since Tiananmen

A Chinese couple have their picture taken outside the Forbidden City at Tiananmen Square on Monday in Beijing, China. Twenty-five years ago, on June 4, 1989, Chinese troops cracked down on pro-democracy protesters, leaving scores dead and injured. KEVIN FRAYER/GETTY IMAGES

## Sex work. Survey reveals opinion split on key issues of prostitution legality

The results of a federal consultation on prostitution suggest a lack of consensus among people and groups interested in the subject.

A slight majority of those who responded to the Justice Department's month-long online consultation earlier this year felt that purchasing sexual services should be a criminal offence.

However, two-thirds of the more than 31,000 respondents said selling sex

should not be an offence.

About six in every 10 participants said benefiting economically from the prostitution of an adult should be illegal.

The department received comments from 117 organizations, but did not reveal who they were.

Justice Minister Peter MacKay tweeted that the findings would be taken into account in coming legislation on prostitution.

THE CANADIAN PRESS

### Massachusetts

## Puppy finds itself in the driver's seat, makes a big splash

A German shepherd puppy owned by a Massachusetts man decided to go for a drive — straight into a pond.

John Costello said his 12-week-old puppy, Rosie, was

so excited Sunday after going for a walk that she jumped in his running car, hit the gear stick and shifted into drive, before falling onto the gas pedal and sending the car careening into the water.

A couple of passersby saw the commotion and helped Costello rescue Rosie. Nobody was injured, but Costello says the Dodge Neon is a total loss.

THE ASSOCIATED PRESS



# New search begun in case of girl missing 7 years

**Portugal.** 3-year-old Madeleine McCann vanished from a resort room in 2007

Police investigating the disappearance of Madeleine McCann on Monday cordoned off scrubland near the resort where the British girl vanished seven years ago.

Officers placed yellow-and-white police tape around the waste ground, which is larger than a soccer field and covered in bushes and some trees.

Officials have previously said detectives may use excavators, dogs and ground-penetrating radar as they scrutinize the terrain. Police kept watch over the area from an adjacent low hill.

Officials made no immediate comment on Monday's developments. Cases that are under investigation in Portugal are covered by a judicial secrecy law, which forbids the release of information.

The scrubland is about 300



Portuguese and British officials plant markers on the ground inside a cordoned-off area, in Praia da Luz, Lagos, southern Portugal, Monday.  
FRANCISCO SECO/THE ASSOCIATED PRESS

metres from the Praia da Luz resort in southern Portugal where Madeleine vanished from her family's vacation apartment in May 2007, shortly before her fourth birthday. The area was searched in the days following her disappearance.

Authorities in Portugal and Britain said recently they would conduct new searches in coming weeks after re-

viewing the case file and a new public appeal for information.

Portuguese police closed the case in 2008 because authorities had detected no crime. The public prosecutor's office in Lisbon last year reopened the investigation, saying new leads emerged during the case review though it did not elaborate.

THE ASSOCIATED PRESS



## Protests over rape in India intensify

Women activists of the Bharatiya Janata Party face police water cannons outside the office of Uttar Pradesh state Chief Minister Akhilesh Yadav. They're demanding a crackdown on the increasing attacks on women and girls, like the case of the two teens who were gang-raped and found hanging on a tree last week.

THE ASSOCIATED PRESS

**Abuja, Nigeria**

## Nigerian gov't bans protests in capital

Nigerian police say they have banned protests in the capital demanding that the government rescues the more than 200 girls still

held captive by Boko Haram militants.

Altine Daniel, a spokeswoman for Abuja police confirmed the ban in a text message, saying it was "because of security reasons."

A core group that is part of the Bring Back Our Girls campaign has accused the

government of sponsoring a new group, known as Release Our Girls, shifting the responsibility of the kidnapping from the government to Boko Haram, the militant group which has killed thousands in its campaign to establish an Islamic state in Nigeria. THE ASSOCIATED PRESS

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# Apple unveils new operating system

**Conference.** Built-in health app also introduced in wake of Samsung rolling out fitness features in Galaxy S5

Apple's Mac operating system is getting a new design and

better ways to exchange files, while new features in the software for iPhones and iPads include one for keeping tabs on your health.

The company is previewing new features at its 25th annual conference for software developers in San Francisco. The free updates will come this fall, though developers got a test version Monday. Here are the highlights on what's been

announced and what's coming: **Changes to Mac computers:**

- The next Mac system will be named Yosemite, after the national park, now that Apple is naming it after California locales rather than cats.

- You'll be able to search for content on the computer and on the Internet at once, similar to a feature available with Microsoft's Windows 8.

- Apple is expanding its

iCloud storage service so that you can store and sync files of any type.

- The Mac's Safari Web browser will have more privacy controls and ways to share links more easily.

**Changes to iPhones and iPads:**

- Like the new Mac OS, the iOS 8 system will have a universal search tool, to cover both your device and the Internet.

It will also get the iCloud Drive service.

- The new software will sport interactive notifications, so you can respond to a message without having to leave another app.

- A "quick type" feature promises predictive typing suggestions, rather than just spelling corrections.

- iOS 8 will have a built-in health-management tool to

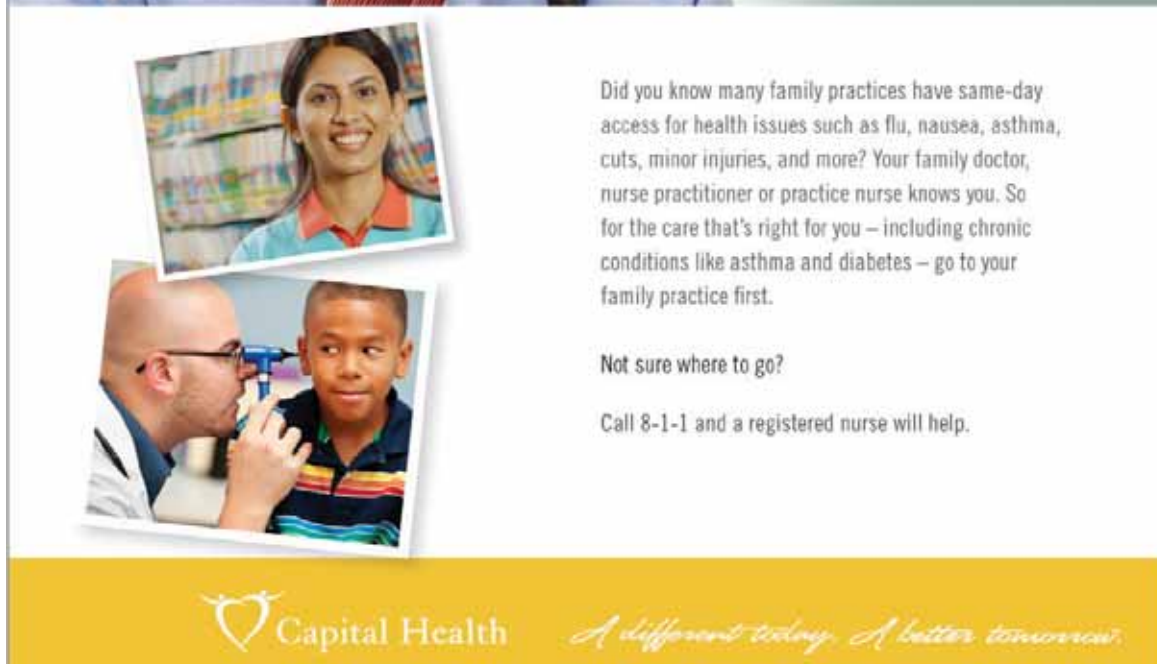
help people track their vital signs, diet and sleeping habits. Apple's chief rival, Samsung Electronics Co., incorporated fitness-related features in its latest flagship phone, the Galaxy S5.

- Although the Mac and iOS systems are separate, Apple CEO Tim Cook says the two have been engineered to work seamlessly together.

**THE ASSOCIATED PRESS**



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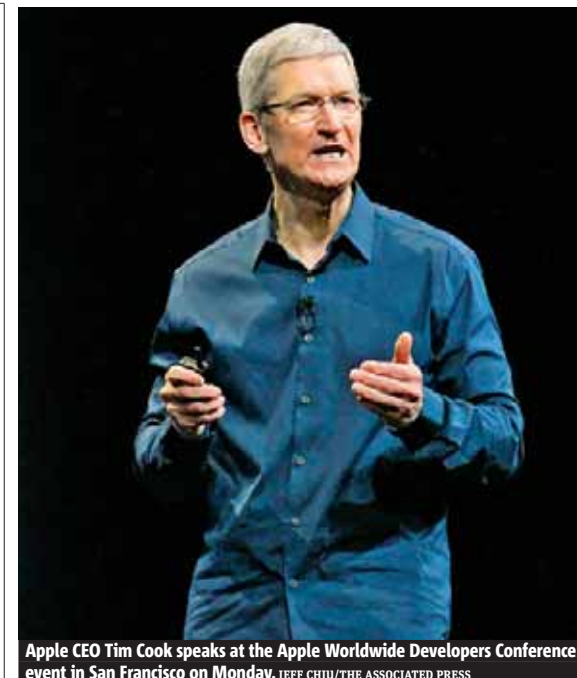


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Apple CEO Tim Cook speaks at the Apple Worldwide Developers Conference event in San Francisco on Monday. JEFF CHIU/THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
91.76¢  
(-0.47¢)

**TSX**  
14,680.72 (+76.56)

**OIL**  
\$102.47 US (-\$0.24)

**Natural gas:** \$4.62 US (\$+0.07)  
**Dow Jones:** 16,743.63 (+26.46)

**GOLD**  
\$1,244 US (-\$2)

**TOP SIX @ 6** Weeknights at 6 K8 counts down the HOTTEST songs of the day

- 6 Ariana Grande ft Iggy Azalea  
Problem
- 5 Ed Sheeran  
Sing
- 4 Calvin Harris  
Summer
- 3 Jason Derulo  
Talk Dirty
- 2 Pitbull ft GRL  
Wild Wild Love
- 1 Iggy Azalea  
Fancy

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# THAT'LL BE THREE LOBSTERS EVEN

On a recent trip to Prince Edward Island, I met a fisherman on his way to see a man about a lobster — three lobsters, in fact. The fresh-caught seafood was his form of payment to a kind neighbour who had recently fixed his computer. I heard similar stories from farmers who trade food among their friends, offering eggs for produce and beef for pork. Intrepid locals from across the region are able to feed themselves without any sort of official cash transaction.

Bartering was once a ubiquitous method of payment used around the globe long before currency was introduced. And while this ancient economic model might seem better suited to rural communities, I think there are plenty of ways urbanites can cash in (so to speak) on the trend by outsourcing their skills outside the current capitalist system.

Swapsity and similar online communities match users based on needs and desires. Users can barter almost anything —



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

skills, services and stuff — to trade what they have for what they want. It's an appealing idea, turning a few hours of babysitting into a bag full of clothes or swapping a stack of used books for a ride to the airport.

Home Exchange and Couchsurfing offer vacation-specific swapping services for travellers looking for beds in foreign countries. There are even business-to-business trading sites that give emerging and established companies the chance to exchange professional services in the name of business development.

The barter system isn't a perfect economic model. It's hard to evaluate goods and services against one another without a formal pricing model. We currently need to quantify goods and services on a mass scale — a banana is 59 cents, a plane ticket to Europe is \$989 — but when it comes to bartering among individuals, price and value become more relative. Is an hour of babysitting equivalent to an hour of personal

## Take that, capitalism

**It's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.**

training? Perhaps it is to you.

Unfortunately, I can't pay off my property tax bill by offering the city a few hours of free landscaping work. There will always be a need for some form of legal tender — even if old-fashioned cash and coins become obsolete in favour of bitcoins or another form of electronic currency.

But it's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

The barter system works because we can play to our strengths and find creative solutions to obtain what we need without spending a cent.

## ZOOM

### Land of the Rising Sun, after dark



A group of botaru fireflies take flight in a wooded area. "The flight can create a spectacle that seems to come from a fairy-tale world," says photographer Takehito Miyatake. COURTESY TAKEHITO MIYATAKE

#### Seeing Japan in a new light

It's known as the Land of the Rising Sun, but in these photos, Japan is the land of zipping fireflies, sparkling squid and volcanic lightning.

In his vivid images ranging from the erupting Sakurajima volcano to a forest bathed in the ethereal glow of fireflies in flight, photographer Takehito Miyatake explores the interplay between what he describes as the "light of Japan" and the natural landscape.

METRO

#### Sparse verse serves as inspiration

Miyatake was inspired by waka, a minimalist style of Japanese poetry that consists of five lines in a 5-7-5-7-7 metre.

"Both waka and photography can express nature concisely. With photography it can be a single image, with waka it is a poem of limited words, but also profound."

His photographs are on display at Steven Kasher Gallery in New York City until June 7.

METRO



Lightning striking at Sakurajima volcano. COURTESY TAKEHITO MIYATAKE

## METRO AUGMENTED REALITY

### SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 12 in Scene, page 16 in Life and page 22 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

## MetroTube

### Sk8ter girl lands 540

REBECCA WILLIAMS  
readers@metronews.ca

What were you doing at age nine? Maybe you were riding your bike to school? Playing road hockey on the weekends? Unlike this Aussie girl, though, you probably weren't landing a 540 — a skateboarding trick involving one and a half full airborne rotations — on a half-pipe.

After a couple of tough wipeouts, Sabre Norris's reaction to landing her trick is worth every second of this video.



(Via The Berrics/YouTube)

GETTY IMAGES





# SCENE 2

## DVD review



### Lone Survivor

Director. Peter Berg

Stars. Mark Wahlberg, Taylor Kitsch

Lone Survivor is a serious change for the better for Battleship bomb maker Peter Berg. It's based on the thoughtful memoirs of now-retired Navy SEAL Marcus Luttrell, the sole man left alive out of 20 U.S. soldiers caught in a 2005 firefight in the mountains of Afghanistan's Kunar province. For all of its macho intensity — booming bullets, whirling chopper blades and falling bodies — Lone Survivor isn't just another war movie. We see the conflict from both sides, although the American one gets the most screen time and our immediate sympathies. Mark Wahlberg plays Luttrell, part of a "fire team" quartet of SEALs dropped by helicopter into a mountainous Taliban stronghold. The others are team leader Michael "Murph" Murphy (Taylor Kitsch), gunner's mate Danny "Danny Boy" Dietz (Emile Hirsch) and sonar ace Matthew "Axe" Axelson (Ben Foster). The actors are almost unrecognizable behind scruffy beards but they all deliver the goods.

PETER HOWELL

# Chef is a little movie with lots of meat

**The power of drama.** Director Jon Favreau says this small film packs as much punch as his blockbuster work like Iron Man



RICHARD CROUSE  
scene@metronews.ca

The director who used elaborate special effects to make Iron Man soar through the night sky and a spaceship land in the Wild West says, "there is nothing more cinematic and exciting than watching food be prepared."

Jon Favreau, helmer of blockbusters like Iron Man 1 and 2 and Cowboys & Aliens, adds, "Modestly budgeted films like Eat Drink Man Woman or Jiro Dreams of Sushi are as compelling as any big budgeted Hollywood movie."

In his new film Chef (which he wrote, directed, produced and stars in), Favreau plays Carl Casper, a chef set on a new culinary path after an influential food critic gives his restaurant a savage review. The nugget of inspiration for the movie came two decades ago when Swingers, another film Favreau wrote and starred in, became a hit. "The Big Night came out the year Swingers did," he says, "and I remember seeing that film and feeling like they had really accomplished so much. With Swingers we had certain modest accomplishments. I was



Jon Favreau, right, directs, produces and stars in Chef. CONTRIBUTED

satisfied with it, but Big Night felt like a movie and felt like they had captured something larger. Maybe that was in the back of my head for the last 20 years. There was an envy that I had of what they were able to accomplish with the music, the culture, the performances, the food and how delightful it was. So I finally got to make my food movie."

In those 20 years, Favreau has been in the Hollywood trenches as a producer, director, actor and writer and is quick to note the similarities and differences between the story of Chef and his real-life work in the movie business.

"The archetypes of the players on the stage in the food world and the movie world are very similar," he says.

"The stakes are a bit higher in the food world, which is why it is dramatically appealing. One bad review can shut you down. Right now, the way reviews work in movies is that you're reading 90 reviews. It's all on Rotten Tomatoes, a compilation of numbers and you don't really have that personal relationship with a specific critic as you do in the theatre world or the food world. In the food world you are eye-to-eye with that critic and you are eye-to-eye with the customer and

when that food gets sent back to the kitchen you are looking at that plate. It's a lot different."

Favreau's next film is a live-action remake of The Jungle Book, but he says he'll likely flip-flop between big- and small-budget films in future.

"If I knew I could come up with a small story that I'd be excited about, next year I'd do this again but honestly, it hasn't been since Swingers that I've been able to sit down and write something so fully formed so quickly. I somewhat envy the filmmakers who can come up with a small story each year because this was the best experience I've ever had."



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## May the force be with her. Nyong'o nabs role in next Star Wars movie

Three months after winning an Oscar, Lupita Nyong'o is going to a galaxy far, far away.

The Walt Disney Co. announced Monday that Nyong'o is joining the cast of Star Wars: Episode VII.

The 31-year-old actress became a breakthrough star for her award-winning performance in 12 Years a Slave.

Also added to the cast was Gwendoline Christie, best known for playing the hulking Brienne of Tarth on HBO's Game of Thrones.

When the principal cast of Episode VII was announced last month, the lack of women raised some eyebrows.

Nyong'o and Christie join an ensemble that includes John Boyega, Daisy Ridley, Adam Driver, Oscar Isaac and Andy Serkis.

Production is underway for the film, which is being directed by J.J. Abrams. It's slated to open in December 2015.

THE ASSOCIATED PRESS



Lupita Nyong'o CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

## WHAT DRIVES A KILLER?

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# MR. MERCEDES

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## Eddie Domestic Medium Hair

Handsome 2-year-old is Eddie is one of the beautiful tabbies rescued from a hoarding situation where he was living with more than 120 other cats. What sets Eddie apart from many of the cats he was with is that he is naturally outgoing and completely at ease with visitors. Although Eddie loves to be petted and spoiled, he is uncomfortable being picked up. He is a strong, energetic cat with a lot of curiosity and should be fine in a home with other cats. Eddie is looking forward to meeting you...



For more information on Eddie and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Sandra's snagged herself a superhero

MELINDA TAUB  
Metro World News

I don't know why I feel protective of Sandra Bullock. She's doing fine. She's very wealthy and famous. She makes hit movies where she plays astronauts and cops. She is still incredibly beautiful. If anything, she should feel protective of me, since I have none of those things (well, I am a stone cold fox). Still, I'm solidly in her corner, which is why I am so glad to hear that she might be dating Chris "Captain



America" Evans. Sandy has earned herself a hunk. The Gravity star and

Evans have reportedly begun seeing each other, though nothing serious is going on yet.

"They are not in a relationship, but they are definitely hanging out and are in the early getting-to-know-each-other phase," a source told E! News. "They haven't put a title on it, but they really like each other."

Evans and Bullock have been spotted dining together with friends several times this spring. The relationship would be a dream come true for Evans, who is 17 years Bullock's junior and says he had a big poster of Speed-era Sandra on his wall growing up.

Aww.

True love means dating someone you were obsessed with as a child.

## It's over, it's over, or is it far from over? Drake and Rihanna call it quits again

It's apparently over again for Rihanna and Drake — at least as long as she wants it to be. "She gave him his marching orders and he's destroyed," a source says, according to Star magazine. "Drake was ready to walk away for good after Rihanna dropped him, but she has this power over him. All she needs to do is snap her fingers and he'll go running back to her. Drake is

convinced that Rihanna has self-esteem issues and is pushing him away because she doesn't believe in or trust true love, which isn't surprising after the crazy stuff that happened with her and Chris (Brown). All of Drake's crew wish he'd forget about her and move on, but he's hooked — no matter how upset, hurt and angry he is with her right now."

## Twitter



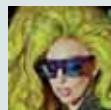
@carriefisher

For those of U still calling me "miss fisher"-  
-Formality no longer seems appropriate.  
From now on, please try 2 refer to me as "Buck"  
or...?



@TheRock

430am. Back training. Highly intense & very nauseous. Never felt better.



@ladygaga

I could listen to Bruce Springsteen for the rest of my life. I think I will.

## Thieves plunder Miley's property

If anyone tries to sell you a white 2014 Maserati for cheap this week, think twice about taking the deal: Just such a car was stolen from Miley Cyrus' house this weekend. The LAPD are investigating a break-in at Miley's house on Saturday night. The singer was out of the country on tour, but her assistant noted that something seemed off about the house when she arrived on Sunday morning and called the cops, according to TMZ. One thing that was certainly off: Miley's car was gone. Thieves made off with the 2014 white Maserati Quattroporte, reportedly valued at \$102,000, as well as some of Miley's jewelry. There was no sign of forced entry, but police say the suspects, a man and woman, scaled a fence and gained entry to Miley's garage.

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## Father's Day Keepsake Contest

June 3<sup>rd</sup> - June 14<sup>th</sup>

Check out Sunnyside Mall's Facebook page June 3<sup>rd</sup> - 14<sup>th</sup> for your chance to win a \$50 gift card! All you have to do is answer the featured Father's Day question by commenting on the post.

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## THE WILD HORSES OF SABLE ISLAND

ROBERTO DUTESCO

JUNE 6 - OCT 13

LOVE THE WILD HORSES OF SABLE ISLAND GALLERY © ROBERTO DUTESCO 1994

MUSEUM OF NATURAL HISTORY



# Keeping it au naturel

The Canadian Health Food Association (CHFA) has rounded up the most popular natural developments for the summer season from natural health retailers, suppliers and health experts. CHFA holistic nutritionist Michelle Book breaks down the Top 4.

IZABELA SZYDLO [life@metronews.ca](mailto:life@metronews.ca)

## Natural hydration

Three waters are making waves to help you stay hydrated this summer. The first is maple water, a new, trendy drink filled with minerals such as potassium, calcium, magnesium and manganese. Bonus? It's local! Then there's coconut water, an especially popular choice considered nature's "natural sports drink." Its sweet and nutty taste keeps thirst at bay, and it's high in potassium and electrolytes, and contains no artificial colours or sweeteners. Lastly there's Kombucha, another trendy drink. Found at your local health-food store, it is produced by fermenting black tea using a symbiotic colony of bacteria and yeast. Not only is it thirst quenching, it supports kidney and liver function. Although all these drinks do contain sugar, they have significantly less than many of the sports drinks, juices and sodas that tend to be so popular during the summer.



## Natural skin care

When choosing sunscreen, I recommend a mineral-based one, which contains zinc oxide and titanium dioxide. Mineral-based sunscreens help to shield your skin by lying on the surface of the skin and reflecting potentially damaging UVA and UVB rays. There are many options that are also biodegradable and reef safe. Aloe vera is my go-to for soothing skin that has been in the sun. It can help to reduce the pain and irritation, and help to heal the delicate layers of your skin. When a sunburn does occur, more water is sent to the skin, so it's important to lock in that water with a good moisturizer to avoid dehydration. Don't confuse aloe with coconut oil, which is also a moisturizer that is seeing more attention this summer and is a great option to add to your summer skin-care regime.



## Label literacy

More Canadians are demanding simple labelling. Common labels to look for are the Canadian Organic Symbol, GMO-free and fair trade. For the first, all foods with 95 per cent or more organic ingredients will have this logo on the package. Whenever possible, I recommend opting for organic. You are not only

investing in your health, but also supporting sustainable environmentally friendly practices and animal welfare. GMO-free means the product does not contain any genetically modified organisms. While the debate surrounding GMO food continues, if this is of concern to you, I recommend going organic to ensure what you are eating has not been genetically modified. Fair trade has been created to achieve better trading conditions and to promote sustainable development. Products that are classified as fair trade have been produced to support greater equity by offering improved trading conditions and respecting the producers, who are often from developing countries.



## Superfoods

Health experts are buzzing about watermelon and coconut. Watermelon is extremely hydrating and provides a lot of important minerals. It's a great source of lycopene, which is a potent antioxidant pigment with a growing list of benefits from prostate health to skin care. Coconut also continues to be all the rage this summer. It is being

used in so many different and tasty ways — from ice cream to chips to coconut soy sauce. I personally love coconut chips, made from roasted slices of coconut. They can also be used as a topper to give your fresh summer salad a bit of extra crunch and flavour. Watermelon is always my go-to summer snack when it gets really hot. I keep it cut up in the fridge or I throw it into the blender with some ice and coconut water to make a 'slurpee.' Finally, seaweed snacks are great because they have no artificial colours or preservatives, and are virtually fat-free.

# 3 TIPS

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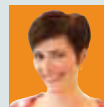
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## Health Solutions

### All hail the arrival of burger season



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

I could spend a few hundred words scaring you off ground meats or share how carcinogenic the charred proteins are. But why bother? We will both be enjoying a few burgers regardless. The trick is to minimize the damage and maximize the pleasure.

Do this:

- Always use a meat thermometer on ground meats. Insert it horizontally and check a couple of spots in the thickest part of the burger.
- Chicken, beef and salmon all need to be fully cooked to



well done. One small speck of E. coli or salmonella can cause tremendous illness.

- Use moist and nutritious toppings to enhance flavour and juiciness.

- Some gourmet ingredients can up your game: ricotta cheese, blue cheeses, pesto sauce, a variety of mustards, fresh vegetables, baby lettuces and sprouts all add a burst of taste

- Go beyond the bun! Paleo-friendly lettuce, kale or nappa cabbage leaves make great bases. If you do choose bread, keep the burger-to-bun ratio in line and don't be afraid of different grains and alternative flavours.

Practise safe barbecuing!

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## FLASH FOOD



From your fridge to your table in 30 minutes or less

Whether you make your burgers at home or choose a pre-made or frozen product, you don't have to go ho hum.

Gourmet toppings will elevate your taste buds and experience.

Making sure that you add ingredients that boost moisture and flavour is easy with this recipe.

Mixing pesto sauce with ricotta cheese is a great tip for dip or topping, it warms nicely and coats the burger with kind of pleasant ooze

### Ingredients

- 4 chicken burgers
- 1 cup ricotta cheese
- 3 tbsp pesto sauce
- 4 ciabatta buns
- 1 cup pea sprouts or mixed sprouts
- Grainy mustard

# Everything's coming up sprouts



This recipe serves four. THERESA ALBERT

that summer is all about.

sauce together.

cooked.

1. Fire up the grill and cook burgers thoroughly while you mix ricotta cheese and pesto

2. Spread on both top and bottom of buns and add a big dollop to each burger once

3. Top with sprouts instead of lettuce and tomato. THERESA ALBERT OF MYFRIENDINFOOD.COM

## PICCHIONE LECTURE SERIES

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Corporate Leader and Author

Randy Lewis bet his career that he could create an inclusive workplace at one of America's biggest corporations where people with disabilities could not just succeed, but thrive. His book, *No Greatness Without Goodness*, is the powerful story of a corporate executive who, after watching the world through the eyes of his own child with autism, Austin, realized that we all have a greater responsibility to make the world a better place for everyone, including those with disabilities.

#### Isabel Smith, PhD

Professor and Craig Chair in Autism Research  
Depts. of Pediatrics & Psychology/Neuroscience

#### Susan Bryson, PhD

Professor and (past) Craig Chair in Autism Research  
Depts. of Pediatrics & Psychology/Neuroscience

#### Tricia Beattie, PhD

Clinical Psychologist,  
IWK Health Centre

#### Shannon Johnson, PhD

Associate Professor Dept.  
of Psychology/Neuroscience

#### Jennifer Overton

Parent, Playwright,  
Author, Actor

**Monday, June 16th, 2014 - 6:30-8:00 pm**

**The Prince George Hotel, 1725 Market Street, Halifax, NS  
(reception to follow at 8:00pm)**

This free public event is open to everyone - for more information contact: terrilyn.chiasson@dal.ca or 494-6834



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For details and registration please visit:  
[www.armdaleyachtclub.ns.ca](http://www.armdaleyachtclub.ns.ca)



# CAMP GUIDE

## So your child is staying overnight

It's your little one's first time away this summer at sleepover camp. How will they do? How will you handle being away from them for so long? If you're new to the sleepover camp scene, here's what you need to know.

### HOW TO PREPARE

Don't surprise your child about going to a sleepover camp —select one together and give them lots of time to get used to the idea of being away from the home for a week or longer.

"And get them excited about camp by looking at videos or photos on the camp website and shopping with them to prepare. That's an exciting part of the lead up to camp," says Jennifer Kolari, a Toronto-based child and family therapist and author of *Connected Parenting: How to Raise a Great Kid*.

"And make sure, before they go, you two have lots of closeness and cuddling to make sure that bond is really strong before your child leaves."

### WHAT IF THEY'RE HOMESICK?

Homesickness is a normal and healthy feeling that often dissipates after the first two nights.

"Kids aren't usually allowed to call home because that tends to make it worse," says Kolari. "But you can send along written letters, pictures and care packages. These tangible things can really help."

### MISSING THEM

Kolari notes that sleep-away camp is a learning experience for everyone — for children, it's about developing independence and for adults, it's stretching boundaries.

"As much as we love our children, it can be tiring to be on all the time, so enjoy it," Kolari adds.

"Don't spend the whole week missing them so you're not enjoying rejuvenating and refreshing yourself." It also helps to plan a full week with the types of activities you couldn't normally do with a child at home.



SHUTTERSTOCK



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## There is no 'I' in sports camp

Saint Mary's University is the place to be this summer for young athletes looking to take their game to the next level or just learn the basics. The university is offering its Junior Huskies camps in five sports: hockey, basketball, soccer, football and volleyball.

"We place kids in the right age groups and skill-specific programs to make sure they are getting the right building blocks," says Tyler Naugler,

the assistant head coach of the men's hockey team.

An emphasis is placed on teaching kids the fundamentals of the sport, along with focusing on individual skills and team concepts. This is all done while teaching campers how to play sports while having fun and meeting new friends.

"With a good foundation of skills, they'll take their game to the next

level," says Naugler.

Instruction is provided by varsity coaches and athletes. Besides the instruction, campers get to test their skills through games, contests and situational drills.

Naugler says the kids love the camps and often come back to take part in other Junior Huskies camps.

More information about the camps can be found at [smuhuskies.ca](http://smuhuskies.ca).



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# Sailing programs are a breeze

## *Armdale Yacht Club helps you cruise through summer*

It might seem odd to describe something as being both exciting and relaxing, but that's just how Jeff Nelson describes sailing.

He says it's exciting because you are propelled by wind, drive through waves and beat

Mother Nature at her own game. Meanwhile, sailing is also very relaxing because it's quiet — there's no engine involved. As a result, people can have peaceful conversations while sailing.

"It is possibly the most relaxing and exciting time you'll ever have," says Nelson, the rear commodore at the Armdale Yacht Club.

This summer, the club is offering four different summer camps for kids. These camps run for two weeks and there are multiple starting points for them throughout the summer. There

are camps for kids ages eight to 16 and for all skill levels.

"The camps take kids from being a landlubber up to the stage of being a pretty accomplished sailor," says Nelson.

Besides the sheer enjoyment, some of the other benefits of sailing include increased self-confidence and better communication skills.

As well, the club offers a learn-to-sail program for women, as well as a co-ed adult program. Both are for people older than 16.

# One camp gives a special opportunity to campers

## *Brigadoon welcomes kids with illness*

Since 2011, Brigadoon Village has been giving kids living with a chronic illness, chronic condition or special need the chance to be ordinary.

This summer, Brigadoon is offering 11 different overnight summer camps. Each camp

is for kids with a certain condition, so they can be surrounded by kids just like themselves.

"At Brigadoon Village, campers get to feel just like everyone else," says Emily Mallard, Brigadoon's communications and media officer.

Feedback is always exceptional and campers say that it was the best week of their lives, they met lifelong friends and one camper

even said she'd rather go to Brigadoon than Disney World.

The camps are held at Brigadoon's facility in Aylesford Lake in the Annapolis Valley.

Brigadoon works with the IWK to ensure campers' health needs are taken care of and there is also a nursing staff on hand, so parents can rest assured about their child's health while away.

The camps cost \$1,000 and a tiered payment system is available to ensure all kids get to attend camp and have the times of their lives.

The first summer camp begins June 29 and registration is ongoing. Parents can register their kids at [brigadoonvillage.org](http://brigadoonvillage.org) or phone 422-3387.



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## CAMP DE JOUR 2014



**Inscription en cours!**

Votre Enfant peut avoir beaucoup de plaisir a apprendre... en francais!

**Inscrivez votre enfant au Camp de Jour ou au Camp en Action du CCGH!**

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 Visitez le [www.ccggh.ca](http://www.ccggh.ca)  
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## BRIGADOON

Children's Camp Society

**DO YOU KNOW A CHILD** living with a chronic illness, chronic condition or special need?

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LEARN MORE about our specialized programs by visiting us online at [www.brigadoonvillage.org](http://www.brigadoonvillage.org) or by phoning us at 1-888-471-5666.





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 1-888-471-5666 | [info@brigadoonvillage.org](mailto:info@brigadoonvillage.org)







CONTRIBUTED

## Myriad of options at NSCAD camps

Kids looking to flex their creative muscles this summer will get a great workout at NSCAD University. Its School of Extended Studies is offering almost 40 summer camps for kids and teens who are five to 18 years of age.

"It's a messy, outside the box, creative good time," says Caitlin McGuire, the School of Extended Studies' summer camp co-ordinator.

Some of the diverse camps include traditional offerings in painting, drawing and ceramics, as well as some other exciting options, such as building an arcade, getting creative with textiles, sailing the seven seas and learning to tell stories visually.

Due to popular demand, there will be two sessions of Box Town offered this year. This camp is for kids ages nine to 11 and over the course of the week, the campers construct a town out of cardboard boxes, consisting of houses, a school, a hospital and whatever other buildings the group deems necessary. The camp also includes instruction in basic drawing and painting skills.

Early drop-off and late pick-up service is available for all camps, as well as supervised lunches.

People looking to learn more information about the camps should visit [nscad.ca](http://nscad.ca).

## OVER AT NEPTUNE THEATRE ...

### KIDS LEARN BASIC PERFORMING SKILLS, BOOST CONFIDENCE AND HAVE FUN

The best word to sum up Neptune Theatre School's summer camp offerings is probably variety. It is offering six camps per week, which works out to a total of 48 camps.

"There's a lot of flexibility in our programming," says Chuck Homewood, the director of education at Neptune Theatre.

Besides having a ton of fun and learning specific performing skills, the biggest benefit of attending a camp is the increased self confidence of participants. Homewood says that is the thing he hears most frequently from parents.

Neptune offers camps for kids four to six, seven to nine, 10 to 12, and 13 to 18.



CONTRIBUTED

All camps are at an introductory level, so no previous theatre experience is necessary.

The camps are held at Shambhala School in the North End because it has outdoor play space. As well, the location helps facilitate the drop-off and pick-up of children.

While the camps run from 9 a.m. to 4 p.m., Monday to Friday, early drop-off service begins at 8 a.m. and late pick-up is extended to 5 p.m.

For Neptune Theatre subscribers and sponsors who enrol their kids in a camp, they are entitled to a discount on the camp fee.

**Make art!**

[nscad.ca](http://nscad.ca) | 494.8185

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# MORE THAN 25 THEMES AT CANADA GAMES CENTRE

## Certified staff focus on building the basics

The Canada Games Centre (CGC) is teaching and inspiring a generation of kids to become physically literate as they participate in the centre's fun and interactive summer camp programs. The certified staff use their fundamental movement skill training creatively in order to educate kids on the ABCs of movement — agility, balance, co-ordination and speed — as they build the foundation of being Active for Life.

"With exciting partnerships through our provincial sport organizations, we offer basket-

ball and volleyball-specific camps," says Janine Campbell, the centre's community recreation and field house co-ordinator.

"But we also touch on some non-traditional sports like archery, wrestling, water polo and diving."

Following the Canadian Sport 4 Life development principles, children of all ages and abilities are encouraged to embrace physical activity as part of their daily lives. CGC offers more than 25 camp themes for the summer, giving children the opportunity to find a love for a new sport or an active hobby.

Registration for summer camps is now open and can be completed at [canadagamescentre.ca](http://canadagamescentre.ca) or in person at the Canada Games Centre.



CONTRIBUTED



SHUTTERSTOCK

## ABCs of a good camper's sunscreen regime

### Sun protection is important to consider — amidst all of the planning and summer fun

At long last, the warm, sunny days of summer are here. But before the camp-

ers head out into the sun, make sure that after months of hibernation, they are well equipped with sunscreen — and the knowledge necessary to keep themselves protected. Dermatologist, Dr. Julia Carroll, and Banana Boat sun care, have developed the ABCs of protection to help you and your kids stay sun-safe this summer:

**A APPLY EARLY:** It's important to apply sunscreen at least 15 to 30 minutes before sun exposure. Don't forget to coat your ears, lips, shoulders and nose. Make proper application part of your family's morning routine by applying sunscreen before getting dressed each morning.

**B BE GENEROUS:** Don't skimp on the sunscreen. You should be using one ounce or 30 ml of sunscreen (about the size of a golf ball) each time you apply. This should cover you from head to toe if you are wearing a swimsuit.

**C COMMIT TO REAPPLICATION:** The Canadian Dermatology Association recommends reapplying one ounce of sunscreen at least every two hours, especially after swimming or sweating.

To make sunscreen application as easy as possible, keep a bottle in your car, or purse, and put a bottle in your kids' backpacks so that it's readily available no matter what summer has in store. Spray sunscreens are handy and easy to use — just spray and go.

— News Canada



Come for a week or two, a whole month, or the entire summer!

- 30 UNIQUELY THEMED CAMPS FOR AGES 5-12
- SOMETHING FOR ALL INTERESTS - SPORTS AND LEISURE, AQUATICS, FINE ARTS, SCIENCE AND MORE!
- MANY NEW AND EXCITING FIELD TRIPS PLANNED

All of our camps are designed to deliver the Canadian Sport For Life (CS4L) Physical Literacy ABC's (Agility, Balance, Coordination and Speed). These are the building blocks for all sport and recreation activities and, when developed early in life, increase the likelihood of children becoming successfully active adults. Through specially designed games and play, our campers develop these skills without even realizing they're learning!

The fun begins July 2nd and camps run weekly from 8:30am-5pm every day until August 29th.

DON'T WAIT! REGISTER TODAY AT [CANADAGAMESCENTRE.CA](http://CANADAGAMESCENTRE.CA)



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# A new spin on summer camps

With Canada pulling in a poor D- ranking in the recently released Active Healthy Kids Canada: Report Card on Physical Activity for Children and Youth, this summer, parents might be looking for new ways to get their kids off the tablets and outside and moving.

## NEW NAME, NEW APPROACH

While at one time these sorts of camps carried the ugly nickname of “fat camps,” today’s camps offer a new approach to children and healthy living.

“These camps are all about changing their physical body — but it’s to help them if their bodies are getting in the way of pursuing dreams or giving them more energy,” says Jill Baxter, director of Active Challenge camp in Renfrew, Ont., a camp for girls aged 12 to 18. Baxter points out that these camps operate very much like a traditional summer sleep-away camp.

“The only difference is we have a specific focus on nutrition and more money in our food budget than any other camp in existence, simply because we’re eating fresh foods,” she says.

## PERSONAL GROWTH

As Baxter notes, while nutrition and health are definitely the camp’s focus, ultimately there’s another goal: to build the confidence of girls attending and help them through personal challenges.

“We do challenging things because we know that once you do something you didn’t think you were capable of doing, you have a sense of what you really can do,” Baxter says.

## WHAT ARE YOU DOING AT CAMP?

Here’s a sample of a few activities campers might have scheduled into their day at Active Challenge:

- Fitness classes
- Mini triathlons
- Journaling
- Cooking classes
- Yoga
- Jewelry making
- Nutrition seminars

## Dal offers activities for all

There are many factors that contribute to a parent’s decision to send their kid to camp — location, price, and camp reputation are often high on the list — but the amount of physical activity a child gets while at camp is rapidly making its way up the parental priority list.

And it’s not hard to understand why. In a day and age where kids are spending more and more time in front of a screen (and less and less time playing outside), many parents are anxiously looking for simple ways to incorporate more exercise into their children’s lives, but in a way that keeps it fun and exciting.

The camps offered at Dalhousie University by Dalplex and the Dal Tigers take the message of being more active to heart. Most campers will spend at least three hours of their day getting some sort of exercise — whether that be by playing games, learning sport-specific skills, or getting a daily dip in the pool. In addition to the obvious physical benefits of being more active, kids also develop teamwork, co-operation, trust and increase their self-esteem, all while having fun with their friends.

Parents can choose from more than 25 different camps, with options for kids ages four to 17. Visit [dal.ca/camps](http://dal.ca/camps).



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DALPLEX





# Back pain or not, Nadal owns Paris

**French Open.** Rafa wins 32nd straight match at clay Grand Slam

Maybe, just maybe, Rafael Nadal was a tad vulnerable, the thinking went before this French Open.

He had lost three times on his beloved red clay already this year, more defeats than he ever had on the surface before heading to Roland Garros.

Then came an admission, after the Grand Slam tournament's third round, that his back was bothering him and slowing his serves.

Well, leave it to the eight-time French Open champion's upcoming quarter-final opponent — 2013 runner-up David Ferrer, one of the men who beat Nadal on clay this spring — to set the record straight.

"Rafael," Ferrer said, "is always the favourite."

Nadal certainly looked the part in the fourth round Monday, when he won 18 points in a row during one stretch en route to beating 83rd-ranked Dusan Lajovic of Serbia 6-1, 6-2, 6-1 for a record 32nd consecutive victory at the French Open. That broke Nadal's own mark of 31 and moved him a step closer to a fifth straight title in Paris.

The No. 1-ranked Nadal, now 63-1 for his career at the tournament, has won all 12 sets he's played in Paris in 2014, dropping a total of 23 games. He was asked whether he would have preferred a more taxing encounter by now.



Spain's Rafael Nadal returns during his third-round match of the French Open against Argentina's Leonardo Mayer in Paris, on Saturday. Nadal now has a record 32 consecutive victories at Roland Garros. MICHEL EULER/THE ASSOCIATED PRESS

## A show of respect

**"I hope (to) instil some doubts in Rafa's mind. But if we play at our best level, both of us, he will be a better player."**

David Ferrer on meeting Rafael Nadal in the French Open's quarter-final.

"You never know what's better," replied Nadal. "But, in theory, the theory says that it's better (to) win like this than win longer matches."

And his back? The one that flummoxed him during a loss in the Australian Open final in January, and then acted up Saturday, leading to an average

first serve of 165 km/h and top speed of 184 km/h? It didn't appear to be as much of an issue against Lajovic: Nadal averaged 173 km/h, with a high of 192 km/h.

"My back can be pretty unpredictable," said Nadal, who wore thick vertical strips of athletic tape under his shirt.

"I'm not lying. It's totally unpredictable. I don't want to speak too much about it."

OK, then.

Now he takes on No. 5 Ferrer, who eliminated No. 19 Kevin Anderson of South Africa 6-3, 6-3, 6-7 (5), 6-1.

Last year's French Open final is one of 21 losses for Ferrer in 27 matches against fellow Spaniard Nadal. But Ferrer won their most recent meeting in straight sets, on April 18 at the Monte Carlo Masters.

"Tactically, I will have to be perfect," Ferrer said.

THE ASSOCIATED PRESS

## NHL

### Habs not yet a perennial title contender: GM

Reaching the NHL Eastern Conference final was nice, but the Montreal Canadiens have a long way to go to make it a habit.

That was the message Monday from general manager Marc Bergevin as he met with the media to review the season less than a week after the club was eliminated by the New York Rangers in six games.

"I feel we're not a mature team," he said. "We're a good team."

"We're moving forward, but there are teams I see around the league that are more mature. For them, you could almost say every year they're a guaranteed playoff team. But we're not there yet." THE CANADIAN PRESS

## NHL playoffs

### Rangers tasked with penetrating Kings' fortress

Judging by gambling odds available and the Kings' recent playoff history, it would be foolish to call them underdogs.

Los Angeles is widely considered the best team in the 2014 cup final. And while New York has the series' best goaltender in Henrik Lundqvist, the Rangers will have their hands full.

Since catching fire down the stretch in 2011-12, the Kings have been playoff monsters, eliminated only by last year's champions, the Chicago Blackhawks. They became the first team in NHL history to win three Game 7s to reach the final.

THE CANADIAN PRESS

# Copeland believes league's offer is strong



Redblacks offensive linemen Jon Gott gives instructions on Monday, the second day of training camp, in Ottawa. PATRICK DOYLE/THE CANADIAN PRESS

CFL president Michael Copeland says the ongoing labour dispute between the league and its players could prevent the regular season from starting on time.

The 2014 campaign is scheduled to open June 26. But the league and CFL Players' Association are at an impasse and a potential players' strike threatens the season starting as planned.

"Of course there's concern (about regular season starting as scheduled)," Copeland, who is also the league's COO,

## Mind the gap

# \$800K

The league's offer calls for a \$5-million salary cap while the players' association called for a \$5.8-million salary cap increasing three per cent annually.

said Monday. "I don't think we could be at this point in training camp and not be concerned."

"But at the same time I'd say I'm hopeful because I believe in the strength of our offer. I think

when the players have some more time with it, they'll realize it's good for them, too. I'm hoping that can be basis of an agreement."

CFLPA president Scott Flory didn't return two telephone messages Monday.

The two sides haven't met since Thursday. Copeland said no new talks are scheduled.

The CFL and players met for more than 17 hours over two days last week. Both the union and the league tabled offers that were rejected by the other side. THE CANADIAN PRESS



## Horoscopes

### ♈ Aries

March 21 - April 20

Focus on things that bring a smile to your face. The way you think about life will determine how enjoyable, or how difficult, it is going to be.

### ♉ Taurus

April 21 - May 21

Watch what you spend over the next 24 hours because if you go over the top you are sure to regret it. The planets warn you may not be as well off as you seem to believe. Watch out for hidden costs.

### ♊ Gemini

May 22 - June 21

Don't make too many plans today because most likely they will have to be changed. Just go with the flow and trust that the tide of events will wash you up some place that is to your liking.

### ♋ Cancer

June 22 - July 23

There is a danger you will believe the powers that be have got it in for you. Nothing could be further from the truth. Your only real enemy at is your overactive imagination!

### ♌ Leo

July 24 - Aug. 23

This is probably not a good time to commit yourself to a new project. Certain people cannot be trusted, no matter how upbeat they may be about what you are doing together.

### ♍ Virgo

Aug. 24 - Sept. 23

You have big ambitions and you have what it takes to reach the top. However, the planets warn if you act in haste you will regret at your leisure, so don't be too eager to follow your dream – it could turn into a nightmare.

### ♎ Libra

Sept. 24 - Oct. 23

Your confidence may be high but don't get carried away. There are things going on behind the scenes that suggest you could be in for a shock.

### ♏ Scorpio

Oct. 24 - Nov. 22

Don't lose your perspective and get angry about something that would not usually bother you. And don't worry too much if you lose out financially either – you'll more than make up for it later.

### ♐ Sagittarius

Nov. 23 - Dec. 21

Keep the momentum going today because if you slow down, your energy could tail off dramatically. Also, don't attach too much importance to a relationship problem. It's not as bad as it seems.

### ♑ Capricorn

Dec. 22 - Jan. 20

You will be required to take on more tasks and responsibilities and though it may seem as if you are being unfairly restricted, you will be repaid in full later.

### ♒ Aquarius

Jan. 21 - Feb. 19

Life seems more vibrant and exciting now and in a way that's strange as nothing much has actually changed. What is different is your attitude: You are determined to find silver linings everywhere.

### ♓ Pisces

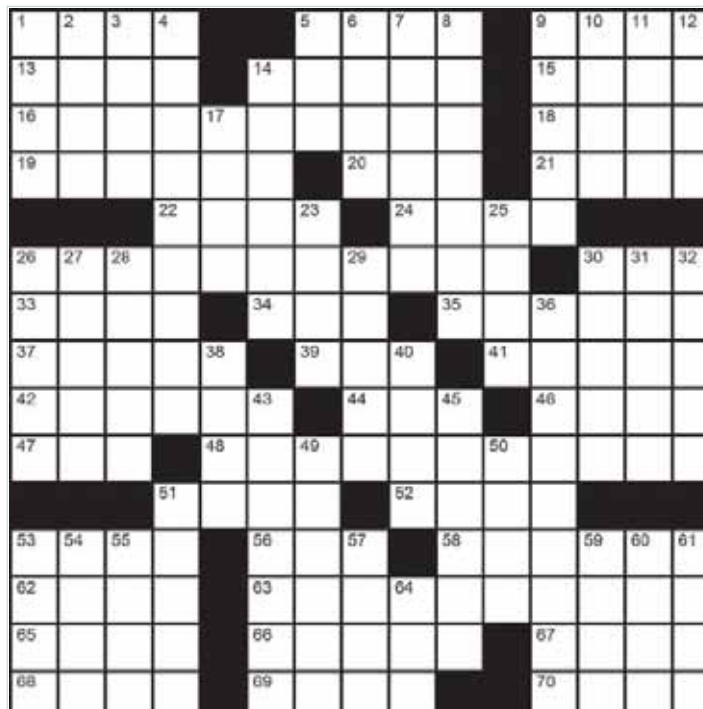
Feb. 20 - March 20

Your feelings will be rather intense over the next 24 hours. If you prefer to live more through your heart than your head that's quite all right. Nothing bad will come of it. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Vlad, e.g.
- Applaud
- Sprint
- "...tete, Alouette..."
- "... Vista Social Club" (1999)
- Adhere
- ... report (Autopsy results component)
- Happy
- Particular piano
- They, in Montreal
- Same: French
- ... and bobs
- Ingrid's celebrated role
- Canadian Tiger ... Butterfly
- 'Headache' in French, ... de tete
- ... land
- Damage
- ... pants (Comfy clothing)
- "So I sing ... of love, Julia." - The Beatles
- Margarine container
- Tunisia's capital
- 2-worded golf film
- As written
- Tip to 'tion' (Car's key spot)
- Nice summer?
- British explorer, b.1728 - d.1779, who navigated much of the world, including Canada: 2 wds.
- Soup vegetable



- Dagger
- Lima's land
- Buenos Aires' shortened location
- Texas city: 2 wds.
- Image
- Boeing 787 ... (New addition to Air Canada's fleet)
- Swanky

- Ancient Greek colony
- Coiffure goes
- Exclusive
- ... cell research
- Love letter's envelope letters

### Down

- Dog docs

- Perched on
- Gladiator's 1061
- French for 'white bread': 2 wds.
- ...-de-sac
- Q. "What's Mr. DiCaprio's first name?" A. "Hmmm... .. believe."
- Latin name for

- 'England'
- Employee's cheque-getting record
- 1999 flick in which Alanis Morissette plays God
- Competent
- Crease
- Jekyll and ...

- Drake song: "Started from the ..."
- Put a 'roof' on a room
- 2003 Samuel L. Jackson/Farrell m.o.v.i.e.
- Shutter segment
- Writing tablet
- "How ...?" (Did you enjoy that movie?)
- Separate
- Have faith in
- Tropical fruit
- ... acid
- Type of vision correction surgery
- Corky and the ... (Canadian comedy/music act of the '90s)
- Icky substance
- Prejudice
- French star Vanessa, Johnny Depp's ex
- Movie theatre
- Chatty bird
- Beloved of fictional Mountie Dudley Do-Right
- Small quantity
- Photos
- Repeat
- Churn
- Kiss band member
- Bit of "Feeling Good": "It's ... dawn..."
- Ms. Ward
- Russian city
- Purpose

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

4	8		5		7	
			7	8		6
9			1		3	
	2				4	
	5	2		3	8	
	9				2	
		1		3		7
8			1	2		
	6		7		1	2

4	8		5		7	
			7	8		6
9			1		3	
	2				4	
	5	2		3	8	
	9				2	
		1		3		7
8			1	2		
	6		7		1	2

Today

20°/11°

Partly cloudy

Wednesday

18°/12°

Showers

40%

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Rio4 SX with Navigation shown<sup>\*</sup>  
hwy / city 100km : 5.3L/7.3L

Forte SX shown<sup>\*</sup>  
hwy / city 100km : 5.3L/8.0L

Optima SX Turbo AT shown<sup>\*</sup>  
hwy / city 100km : 5.7L/8.9L

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**\$80 \$0 0%**  
BI-WEEKLY DOWN 84-MONTH FINANCING

Offer includes delivery, destination, PPSA, fees and **\$2,918 IN CASH BONUS<sup>\*</sup>**. Offer based on 2014 Forte LX MT with a purchase price of **\$17,559**.

### STANDARD FEATURES



## 2014 OPTIMA LX AT

STARTING FROM

**\$22,859<sup>∞</sup>**

~~OR~~ **PLUS**

**\$126 \$0 0%**  
BI-WEEKLY DOWN 84-MONTH FINANCING

Offer includes delivery, destination, PPSA, fees and **\$3,500 IN CASH BONUS<sup>\*</sup>**. Offer based on 2014 Optima LX AT with a purchase price of **\$26,359**.

### STANDARD FEATURES



**WE'VE GOT YOU COVERED**  
<sup>\*</sup>5-year/100,000 km worry-free comprehensive warranty.



**Atlantic Kia dealers for Atlantic drivers.**



The Power to Surprise

Offer(s) available on select new 2014 models through participating dealers to qualified retail customers who take delivery by June 30, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. 0% financing offer for up to 84 months available O.A.C. to qualified retail customer, on approved credit for the new 2014 Forte LX MT (F0541E)/2014 Optima LX AT (OP742E)/2014 Rio LX MT (R0541E) with a selling price of \$14,641/\$22,859/\$12,641 and includes delivery and destination fees of \$1,485, tire tax of \$15, \$79 PPSA, A/C charge (\$100 where applicable) and a cash bonus of \$2,918/\$3,500/\$2,918. Bi-weekly payments of \$80/\$126/\$69 for 84 months with \$0 down payment. Credit fees of \$0. Total obligation is \$14,641/\$22,859/\$12,641. See retailer for complete details. <sup>\*</sup>Cash purchase price for the new 2014 Forte LX MT (F0541E)/2014 Optima LX AT (OP742E)/2014 Rio LX MT (R0541E) is \$14,641/\$22,859/\$12,641 and includes a cash bonus of \$2,918/\$3,500/\$2,918 (which is deducted from the negotiated price before taxes). Retailer may sell for less. <sup>\*</sup>Cash Bonus amounts are offered on select 2014 and 2015 models and are deducted from the negotiated price before taxes. \$4,000 cash bonus only available on the 2014 Optima Hybrid. Offer ends June 30, 2014. See your dealer for complete details. <sup>\*\*</sup>Model shown Manufacturer Suggested Retail Price for 2014 Forte SX (F0748E)/2014 Optima SX Turbo AT (OP748E)/2014 Rio4 SX with Navigation (R0749E) is \$26,359/\$34,795/\$22,295. <sup>▲</sup>Highway/city fuel consumption is based on the 2014 Forte 1.8L MPI 4-cyl (MPI)/2014 Optima 2.4L GDI (A/T)/2014 Rio4 1.8L GDI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. <sup>®</sup>The Bluetooth<sup>®</sup> wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. <sup>®</sup>Sirius, XM and all related marks and logos are trademarks of Sirius XM Radio Inc. and its subsidiaries. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.